



Knife Skills, Sanitation, and Red Pepper Hummus

Equipment:

Cutting Board
Chef Knife
Cutting Board Grip (optional)
Peeler
Food Processor
Oven
Measuring Cups
Measuring Spoons
Rubber Spatula
Bowl, Plate, or Platter for Serving
Baking Sheet or Dish
Cooking Spray or Parchment Paper
Strainer (if using chickpeas)
Wall Outlet for Food Processor

Hygiene:

Working Sink (with hot/cold water)
Hand Soap

Clothing:

Closed Toed Shoes Preferred
Apron

Ingredients (Knife Skills):

2 Carrots or Cucumbers (whichever you prefer)

Ingredients Hummus:

2 Red Bell Peppers
1 ½ Cups Canned, Cooked Chickpeas
Lemon Juice ¼ cup
1 Clove Garlic
2 Tablespoons Vegetable Oil or Cooking Oil of Your Choice
½ Teaspoon Cumin
Salt (To Taste)
Cayenne to Garnish (Optional)
Something to Dip into Your Finished Hummus (Baby Carrots, Pita Chips, Broccoli Florets, Whatever You Like)

Directions:

1. Wash all vegetables in cold water, scrubbing off dirt.
2. Chef Carlos will be demonstrating several cutting techniques, as well as peeling with your carrots or cucumbers. These vegetables will be eaten with your hummus at the end of the class.
3. Preheat oven to 350 Degrees Fahrenheit.
4. Cut Bell Peppers into long strips for roasting in the oven.

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5. Spray Baking sheet or Dish with cooking spray, or line with parchment paper. Spread out Bell Peppers onto the sheet pan and place in the oven for 10-15 minutes or until vegetables have a roasted exterior (bell peppers will begin to brown and wrinkle).
6. Drain chickpeas in a strainer over the sink or a bowl.
7. While your bell peppers are cooking, use your measuring cups and measuring spoons to begin measuring other ingredients. Chef Carlos will demonstrate this.
8. Put together your food processor and make sure it is next to a power supply but not plugged in. (Unplug your food processor when adding food as an extra safety measure)
9. Add cauliflower or chickpeas to the food processor first, and pulse or chop until broken down. (only plug in your food processor when it is put together, and you are safely prepared). Then add liquids first (cooking oil, lemon juice) before pulsing again until combined. Next add bell peppers and pulse to combine. Scrape the edges of your food processor before adding final ingredients and pulsing to finish.
10. Serve onto plates, platters, or bowls and enjoy!

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